

AMENDMENTS

Listing of Claims:

The following listing of claims replaces all previous listings or versions thereof:

97. (Currently Amended) A ~~variable stride~~ stationary exercise apparatus; comprising:

a frame;

a crank system coupled to the frame;

~~a foot member coupled to the crank system, wherein the foot member comprises a footpad;~~

~~a variable stride system coupled to the foot member such that at least a portion of the variable stride system is under at least a portion of the footpad, wherein the variable stride system is configured to allow a user of the apparatus to vary the length of the user's stride during use of the apparatus;~~

~~wherein the apparatus is configured such that a foot of the user can travel in a substantially closed path during use of the apparatus; and~~

~~wherein the apparatus is configured such that at least a portion of the apparatus remains substantially stationary during use.~~

a left movable member coupled to the crank system;

a right movable member coupled to the crank system;

a left foot member operatively associated with a left foot pad;

a right foot member operatively associated with a right foot pad;

a left cam system having a left cam surface and a left cam follower contacting the left cam surface wherein the left cam system couples the left movable member to the left foot member; and

a right cam system having a right cam surface and a right cam follower contacting the right cam surface wherein the right cam system couples the right movable member to the right foot member.

wherein the feet of the user imparting forces on the left and right foot members in cooperation with the left cam system and the right cam system may vary the stride substantially instantaneously, and

wherein the apparatus is configured such that the feet of the user may travel in a substantially closed path.

Please cancel claims 98-141 without prejudice.

Please add new claims 769-814 as follows:

769. (New) A stationary exercise apparatus comprising:

a frame;

a crank system coupled to the frame;

a left movable member pivotally coupled to the crank system;

a right movable member pivotally coupled to the crank system;

a left foot member operatively associated with a left foot pad;

a right foot member operatively associated with a right foot pad;

a left cam system having a left cam surface and a left cam follower contacting the left cam surface, the left cam system operatively associated with the left movable member and the left foot member so that during use of the apparatus the left cam follower may move across the left cam surface allowing the left foot of the user imparting a force on the left foot member in cooperation with the left cam system to vary the stride substantially instantaneously; and

a right cam system having a right cam surface and a right cam follower contacting the right cam surface, the right cam system operatively associated with the right movable member and the right foot member so that during use of the apparatus the right cam follower may move across the right cam surface allowing the right foot of the user imparting a force on the right foot member in cooperation with the right cam system to vary the stride substantially instantaneously,

wherein the apparatus is configured such that the feet of the user may travel in a substantially closed path.

770. (New) A stationary exercise apparatus comprising:

- a frame;

- a crank system coupled to the frame;

- a left arm link coupled to the frame;

- a right arm link coupled to the frame;

- a left foot member operatively associated with a left foot pad, said left foot pad having a forward end and a rearward end;

- a right foot member operatively associated with a right foot pad, said right foot pad having a forward end and a rearward end;

- a left cam coupled to the crank system so that at least a portion of the left cam is ahead of the rearward end of the left foot pad and behind the forward end of the left foot pad at some time during use; and

- a right cam coupled to the crank system so that at least a portion of the right cam is ahead of the rearward end of the right foot pad and behind the forward end of the right foot pad at some time during use,

- wherein the feet of the user imparting forces on the left and right foot members in cooperation with the left cam and the right cam may vary the stride substantially instantaneously, and

- wherein the left foot member is coupled through the left cam to the crank system and the right foot member is coupled through the right cam to the crank system, the apparatus being configured such that the feet of the user may travel in a substantially closed path.

771. (New) The apparatus of claim 97 wherein the left and right cam surfaces face substantially downwardly.

772. (New) The apparatus of claim 97 wherein the left and right cam surfaces face substantially upwardly.

773. (New) The apparatus of claim 97 wherein the feet of the user may travel in a substantially closed elliptical path.

774. (New) The apparatus of claim 97 wherein the left and right foot members are cross-coupled.

775. (New) The apparatus of claim 97 further comprising a brake/inertia device coupled to the crank system.

776. (New) The apparatus of claim 775 wherein the brake/inertia device is coupled to a portion of the frame in front of the user.

777. (New) The apparatus of claim 775 wherein the brake/inertia device is coupled to a portion of the frame behind the user.

778. (New) The apparatus of claim 775 further comprising a housing, wherein the housing encloses at least a portion of the brake/inertia device.

779. (New) The apparatus of claim 97 wherein the left and right cam surfaces are nonsymmetrical.

780. (New) The apparatus of claim 97 wherein the left and right cam surfaces are symmetrical.

781. (New) The apparatus of claim 97 wherein the left and right movable members are coupled to the crank system so that at least a portion of the left and right movable members are configured to move in a reciprocating path.

782. (New) The apparatus of claim 97 wherein the left and right movable members are coupled to the crank system so that at least a port of the left and right movable members are configured to move in a closed path.

783. (New) The apparatus of claim 97 wherein the apparatus has a maximum stride length that is at least about 40% of the overall length of the apparatus.

784. (New) The apparatus of claim 97 wherein the crank system comprises a pulley.

785. (New) The apparatus of claim 784 wherein the crank system comprises a left crank and a right crank coupled to the pulley.

786. (New) The apparatus of claim 785 wherein the length of each left and right cam surface is at least two times the length of either left or right crank.

787. (New) The apparatus of claim 97 wherein the crank system is coupled to the frame at a rearward portion of the frame.

788. (New) The apparatus of claim 97 wherein the left cam surface is directly attached to the left foot member and the right cam surface is directly attached to the right foot member.

789. (New) The apparatus of claim 769 wherein the left and right cam surfaces face substantially downwardly.

790. (New) The apparatus of claim 769 wherein the left and right cam surfaces face substantially upwardly.

791. (New) The apparatus of claim 769 wherein the crank system comprises a pulley.

792. (New) The apparatus of claim 791 wherein the crank system comprises a left crank and a right crank coupled to the pulley.

793. (New) The apparatus of claim 769 wherein the feet of the user may travel in a substantially closed elliptical path.

794. (New) The apparatus of claim 769 wherein the feet of the user may travel in a closed orbital path.

795. (New) The apparatus of claim 769 further comprising a brake/inertia device coupled to the crank system.

796. (New) The apparatus of claim 795 further comprising a housing, wherein the housing encloses at least a portion of the brake/inertia device.

797. (New) The apparatus of claim 769 wherein the left and right cam surfaces are nonsymmetrical.

798. (New) The apparatus of claim 769 wherein the left and right cam surfaces are symmetrical.

799. (New) The apparatus of claim 769 wherein the crank system is coupled to the frame at a rearward portion of the frame.

800. (New) The apparatus of claim 769 wherein the left cam surface is directly attached to the left foot member and the right cam surface is directly attached to the right foot member.

801. (New) The apparatus of claim 769 wherein that end of each left movable member and right movable member coupled to the crank system rotates in a substantially circular path.

802. (New) The apparatus of claim 801 wherein the other end of each left movable member and right movable member reciprocates substantially horizontally.

803. (New) The apparatus of claim 802 wherein at least a portion of the left movable member and the right movable member distal each such end coupled to the crank system moves in a substantially closed path.

804. (New) The apparatus of claim 770 wherein the left and right cams face substantially downwardly.

805. (New) The apparatus of claim 770 wherein the left and right cams face substantially upwardly.

806. (New) The apparatus of claim 770 wherein the crank system comprises a pulley.

807. (New) The apparatus of claim 806 wherein the crank system comprises a left crank and a right crank coupled to the pulley.

808. (New) The apparatus of claim 770 wherein the feet of the user may travel in a substantially closed elliptical path.

809. (New) The apparatus of claim 770 wherein the feet of the user may travel in a closed orbital path.

810. (New) The apparatus of claim 770 further comprising a brake/inertia device coupled to the crank system.

811. (New) The apparatus of claim 810 further comprising a housing, wherein the housing encloses at least a portion of the brake/inertia device.

812. (New) The apparatus of claim 770, wherein the left and right foot members and the left and right cam systems are configured to provide a force that restores the users feet to a substantially neutral position during use of the apparatus.

813. (New) The apparatus of claim 770 wherein the crank system is coupled to the frame at a rearward portion of the frame.

814. (New) The apparatus of claim 770 wherein the left cam is directly attached to the left foot member and the right cam is directly attached to the right foot member.

815. (New) The apparatus of claim 814 wherein the left foot member is coupled to the left arm link through two or more links and the right foot member is coupled to the right arm link through two or more links.

816. (New) The apparatus of claim 814 wherein the left foot member and the right foot member are cross coupled.

817. (New) The apparatus of claim 770 wherein the apparatus further comprises a right movable member which couples the right cam to the crank system, and a left movable member which couples the left cam to the crank system.